

# FLATTMANN FILES

March 2019

“Quality Is No Accident”

## FROM THE DESK OF *Grady Flattmann*

Did you know that in Louisiana, lawyers are expected to provide at least 50 hours of pro bono (free) legal services per year? (Louisiana Rule 6.1 of Professional Conduct). The Louisiana Bar Association classifies this as “an individual ethical commitment.”

For the past several years, I've been striving to fulfill this commitment through my firm's “Wills for Heroes” program, which provides free wills to veterans and first responders. To date, we have helped dozens of people achieve peace of mind with simple wills and other important documents.

I'm excited to announce that starting in April 2019 we are expanding our “Wills for Heroes” program to include teachers and nurses! This includes a free consultation, simple will (no trust), a living will, and other documents that may help a Hero.

If you or someone you know could benefit from this program, please contact us to find out more! You can also contact us through our website at [www.FlattmannLaw.com](http://www.FlattmannLaw.com).



*-Grady*



## THE WILD WORLD OF MARCH MADNESS A LOOK AT ICONIC TOURNAMENT MOMENTS

Every spring, millions of Americans fill out March Madness brackets. According to outplacement firm Challenger, Gray & Christmas, about 20 percent of workers will fill out a bracket this year, and the drop in productivity during the first week of the NCAA Tournament will cost companies roughly \$4 billion. Needless to say, March Madness is a nationwide phenomenon.

The tournament's status can be chalked up to the ease of filling out a bracket and good old-fashioned school pride, but March Madness has also become famous for having the highest occurrence of heart-stopping moments of any major American sporting event. Over the years, we've seen Cinderella stories, buzzer beaters, and otherworldly performances. Every year, the tournament serves something unexpected and wonderful. It's those moments that make March Madness what it is. Here are a few of the most memorable.

### BIRD VS. MAGIC 1 (1979)

Author Chuck Klosterman described the rivalry between Larry Bird and Magic Johnson as “a conflict that dwarfs Dante.” While their battle grew to legendary proportions during their respective NBA careers, Bird and Magic first faced off before either entered the NBA.

During the 1978-79 season, Larry Bird led the lowly Indiana State Sycamores to an undefeated regular season record. They stormed through the tournament and met Magic Johnson and the Michigan State Spartans in the final.

Bird managed a double-double in the game, scoring 19 points and grabbing 13 rebounds, but Magic was the stand-out performer and MVP. He finished with 24 points and a title. Over

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the ensuing years, Bird's Celtics and Magic's Lakers would trade shots in an epic tussle for NBA supremacy, but it all started here.

#### N.C. STATE'S LAST-SECOND UPSET (1983)

March Madness is known for underdog stories, and few are more inspirational than N.C. State's shocking upset of Houston in the 1983 title game. Houston, known as Phi Slamma Jamma for their above-the-rim playstyle, was on a 26-game winning streak and heavily favored to make mincemeat of the Wolfpack. But that's not what happened.

With the game tied and time expiring, N.C. State's Dereck Whittenburg had the ball near the top of the key. He heaved up a prayer of a shot that came down well short of the basket. However, his teammate Lorenzo Charles caught the ball as if the errant shot were a perfectly placed alley-oop. He slammed the ball, time expired, and the entire stadium went wild. Jim Valvano, N.C. State's coach, was so overcome that he ran around the court in utter disbelief.

#### CHRIS WEBBER'S TIMEOUT (1993)

Michigan's Fab Five (Chris Webber, Jalen Rose, Juwan Howard, Jimmy King, and Ray Jackson) are the most famous recruiting class in college basketball history. They transformed the sport by injecting a healthy dose of what we know today as "swag."

After reaching the finals of the tournament as freshmen — an unheard-of achievement at the time — the Wolverines were expected to romp to a title in 1993. Everything went according to plan until the final when Chris Webber committed basketball's most famous blunder.

Down by two points with 20 seconds left, Webber secured a rebound and headed up the court. The North Carolina defense smartly used a trap defense to funnel him into the corner. Panicked and out of real estate, Webber signaled for a timeout. The problem was that Michigan didn't have any. As an automatic technical foul, Webber's gaffe secured North Carolina's victory.

#### KRIS JENKINS FTW (2016)

The most stunning moment in recent tournament history came from Villanova's forward Kris Jenkins and his team. The Philadelphia-area school had not won a title in more than 20 years when they made the championship game in 2016. Their duel with North Carolina in that game was one for the ages — a back-and-forth affair that was tied 74-74 before the final possession. The ball came to Jenkins, who chucked a deep three as time expired, and the buzzer sounded as the ball went through the rim.

"When I get it," Jenkins told reporters after the game, "it's going up. I always think it's going in, and this was no different." It was no different, except for the fact that most shots aren't destined to be remembered for decades.

Which moments from this year will end up leaving an indelible imprint on the sport? You'll have to tune in to find out.



## Keep This Off Your Breakfast Table

### Sugary Cereals Are No Better Than Candy

It's no secret that most breakfast cereals are loaded with sugar and carbs. Starting your day with a hefty bowl will inevitably give you a sugar high that crashes into a haze of fatigue not long after. What's worse, however, is that some cereals are even more unhealthy than you might realize. Do you remember the old Reese's Puffs slogan: "Candy?! For breakfast?" Reality isn't far off.

Kellogg's Honey Smacks and Post Golden Crisp are two of the biggest offenders when it comes to sugar content. By weight, Honey Smacks and Golden Crisp are more than 50 percent sugar. That's more sugar than your average cake or cookie. And there isn't much more nutritional value to make up for the excess sugar. These puffed rice cereals contain less than two grams of protein and one gram of fiber per serving, which is remarkably low.

For reference, Honey Smacks lists 1 1/4 cups as a serving, while Golden Crisp considers 3/4 cup a serving. That said, most people don't measure out food based on the recommended serving size. With these two cereals, the combination of puffed rice and a lack of protein means you won't feel full until you've overindulged. By eating twice the recommended serving (about two cups), you've consumed the same amount of sugar found in one can of soda.

Honey Smacks is the worst of the two because it contains hydrogenated vegetable oil — one of the unhealthiest food-based oils you can consume. This type of oil keeps the cereal shelf-stable for longer, but the American Heart Association points to it as a major dietary cause of heart disease.

Many other cereals are just as bad, including Kellogg's Froot Loops and General Mills Trix. These two cereals hide behind the guise of "fruit," which many people associate with better nutrition. But you won't find balanced nutrition in either of these cereals. Froot Loops is just under 50 percent sugar by weight, and Trix is just under 40 percent. Both cereals also contain artificial food dyes and flavorings.

Trix also contains corn syrup, which has been linked to the rising rates of obesity and type 2 diabetes. When you eat 10 grams of sugar in any form — which is in just one cup of Trix — or more, depending on the cereal, you can expect a spike in blood sugar. A blood sugar spike early in the morning can often translate to low energy later in the day. Over time, a diet high in sugar can lead to insulin resistance, which can lead to the development of type 2 diabetes.

# Fire and Ice

## When Do You Apply Heat or Ice to an Injury?

When it comes to relieving pain, everyone has an opinion. Your mom might suggest taking pills and a nap, while your neighbor swears it's best to walk it off. Meanwhile, yearly advancements offer more options — and opinions — for patients seeking relief.

Among the plethora of available treatments, two remain constant — heat and ice. However, many people don't know which to use, and unfortunately, the wrong decision can make your pain or injury worse. If you are unsure which method is best for you, here's the answer to your heating or icing dilemma.

**HEAT:** These treatments can come in several forms, such as creams, pads, and wraps. Many medical professionals suggest using heat treatment for 30 minutes to four hours, depending on what is needed to fully relax the muscle. Heat often works best for chronic pain because it supports blood flow and loosens your muscles. Heat treatments can also be used to relieve stress and tension, but you should *never* use heat on an open wound or fresh injury.

**ICE:** Cooling treatments can also be found in cream or wrap form, but a bag of peas or ice from your freezer will work just as well. Ice should be used for short periods throughout the day. Icing treatments are best for bruised wounds and minor injuries because the cold can reduce the swell-



ing in your blood vessels — the cause of bruising — and expedite your healing process. However, icing your chronic pain can be detrimental due to the stiffening reaction that decreases swelling. This is the opposite of the muscle relaxation you need for chronic pain relief. Eventually, heating treatments can be worked into a healing plan, but ice is a quick solution to a small problem.

As with most treatments, what works for one person may not work for another. If icing an injury feels best for you and you see improvement, continue icing away your pain. Additionally, some patients find relief while rotating between cooling and heating. Regardless of your preferred method, it's best to seek professional guidance in order to find a viable long-term solution.

## Take a Break!

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## HOMEMADE CORNED BEEF

### Ingredients

- 2 quarts water
- 1 cup kosher salt
- 1/2 cup brown sugar
- 2 tablespoons saltpeter (potassium nitrate)
- 1 cinnamon stick, broken into large pieces
- 1 teaspoon mustard seeds
- 1 teaspoon whole black peppercorns
- 8 cloves garlic
- 8 whole allspice berries
- 12 whole juniper berries
- 2 bay leaves, crumbled
- 1/2 teaspoon ground ginger
- 2 pounds ice
- 1 5-pound beef brisket, trimmed
- 1 small onion, quartered
- 1 large carrot, coarsely chopped
- 1 stalk celery, coarsely chopped

### Directions

1. In a large stockpot, combine water, garlic, and all herbs and spices to make brine. Cook over high heat until salt and sugar are fully dissolved. Remove from heat and stir in ice.
2. Once water temp reaches 45 F, place brisket in a 2-gallon zip-close bag, pour in brine to cover, lay flat in a large container, and store in fridge.
3. Brine for 10 days, checking daily to make sure brisket is fully submerged and brine is stirred.
4. After 10 days, remove brisket from brine and rinse under cool water. In a large pot, cover brisket, onion, carrot, and celery with water. Bring to a boil, then reduce heat to low and gently simmer for 2 1/2–3 hours.
5. Remove, slice across the grain, and serve.

Inspired by [foodnetwork.com](http://foodnetwork.com)





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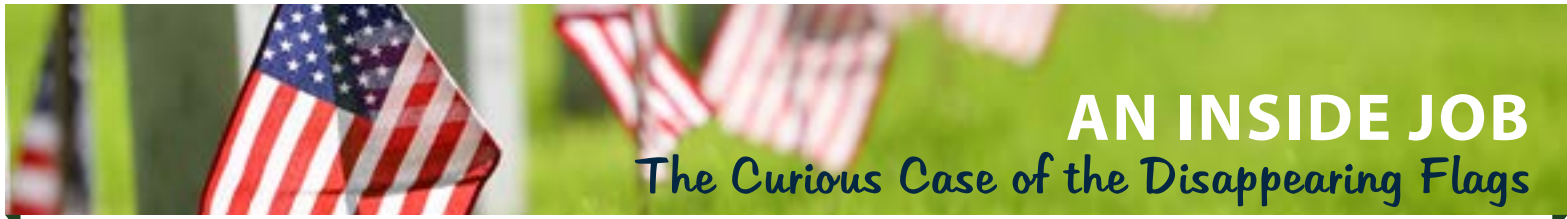
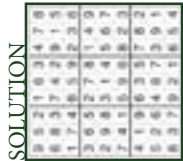
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## AN INSIDE JOB

### The Curious Case of the Disappearing Flags

Theft is a serious matter, made even more grave when the victims are fallen war heroes. Such was the situation that stumped police in Hudson, New York, in 2012.

The crime was first committed in July of the previous year. Flags had been placed around the graves of soldiers in Cedar Park Cemetery — only to go missing right around Independence Day. Veterans groups and locals were outraged and mystified by the crime. Some worried that a hate group was to blame, as the missing flags had adorned the graves of Jewish soldiers. Veterans worked to replace the flags, one by one, and right the wrong. No culprit was found, and the community moved on — until the following July, when the mystery repeated itself.

Like the year before, flags were placed on veterans' graves in honor of Independence Day, and again, they went missing sometime in the night, this time taken from the graves of African American Civil War soldiers. Cemetery caretaker and veteran Vincent Wallace was appalled, as was the rest of his community. "I just can't comprehend the mindset that would allow someone to do this," Wallace said.

Determined to find out who was to blame, police put up surveillance cameras and recorded the goings-on in the cemetery. As they watched the tapes, sure enough, they saw one of the culprits sitting atop a gravestone with an empty flagpole in front of him. It was a groundhog.

Apparently, the wooden flagpoles attract groundhogs, something other groundskeepers have experienced as well.

"I'm glad we don't have someone who has taken it upon themselves to desecrate the stones and the flags in front of them," said Hudson mayor Bill Hallenbeck. "We can all rest a little easier knowing that it was a critter and not a human defacing our flags, especially those of the veterans," added Hudson's police commissioner.

Turns out Punxsutawney Phil has some very naughty cousins — ones who aren't subject to the law.

